WHAT IS CLAIMED:

1. Ballistic protection apparatus comprising:

a ballistic shield having a body formed at least in part of ballistic material capable of stopping a bullet;

said shield body configured to provide frontal ballistic protection at least to the torso of an individual when the shield is located in front of the individual;

said shield body having a support on one side thereof for mounting a long gun and configured to enable an individual to simultaneously grasp the long gun and the support by one hand with a barrel of the long gun projecting from the shield body to an opposite side of the shield from the individual;

said support being located on said shield body to enable the individual to carry the shield in and grasp the long gun by the one hand and simultaneously effectively operate the long gun using both hands.

- 2. Apparatus according to Claim 1 including a flexible strap connected to said shield body and extending therefrom for grasping by the one hand of the individual when the individual's one hand grasps the long gun and said support.
- 3. Apparatus according to Claim 1 wherein said support is located above a center of gravity of the shield body enabling the individual to carry the shield with one hand with frontal ballistic protection afforded thereby.

- 4. Apparatus according to Claim 1 wherein said support is located adjacent a central upper margin of the shield body enabling the barrel of the long gun when grasped by the individual's one hand to project over the upper margin of the shield body.
- 5. Apparatus according to Claim 4 wherein said support projects generally perpendicular to and from the shield body and from the back side of the shield.
- 6. Apparatus according to Clam 4 wherein said support projects from a back side of the shield body and includes a generally vertically extending handle extending generally parallel to the shield body to enable the individual to simultaneously support the shield and grasp a vertically extending grip of the long gun.
- 7. Apparatus according to Claim 1 wherein said shield body includes a plurality of sections arranged side-by-side relative to one another, said sections being secured to one another maintaining complete frontal ballistic protection while enabling adjustment of the sections relative to one another to adjust the lateral extent of the shield.
- 8. Apparatus according to Claim 1 wherein said shield body includes a central section and a pair of side sections on respective opposite sides of said central section maintaining a ballistic front, and fasteners for releasably securing said sections and said central section to one another.
- 9. Apparatus according to Claim 8 wherein each said side section has a laterally extending compound curve along said shield body, said side section including a convex front surface adjacent said central section and a concave front surface adjacent a distal side edge thereof.

- 10. Apparatus according to Claim 8 wherein said central section has opposite side margins overlapping adjacent inner side margins of said side sections.
- 11. Apparatus according to Claim 8 wherein said fasteners are formed of an elastic material and are spaced one from the other between upper and lower margins of the shield body and along at least one of front and back sides of the shield body.
- 12. Apparatus according to Claim 11 wherein said fasteners extend along both the front and back sides of the shield body and are releasably secured in adjusted positions relative to said side sections enabling adjustment of the width of the shield body.
- 13. Apparatus according to Claim 12 wherein said fasteners and said side sections are secured to one another by hooks and loops.
- 14. Apparatus according to Claim 8 wherein said fasteners are spaced from one another between upper and lower margins of the shield body, said fasteners securing said side sections relative to one another enabling adjustment of the width of the shield body.
- 15. Apparatus according to Claim 8 wherein outer margins of said side sections have generally scalloped shield edges to enhance ballistic protection to the shoulder and hip region of the individual's torso.
 - 16. Apparatus according to Claim 1 in combination with a long gun.

17. Ballistic protection apparatus comprising:

a ballistic shield having a body formed at least in part of ballistic material capable of stopping a bullet;

said shield body configured to provide frontal ballistic protection at least to the torso of an individual when the shield is located in front of the individual;

said shield body including a central section and a pair of side sections on respective opposite sides of said central section maintaining a ballistic front, and fasteners for releasably securing said sections and said central section to one another.

- 18. Apparatus according to Claim 17 wherein each said side section has a laterally extending compound curve along said shield body, said side section including a convex front surface adjacent said central section and a concave front surface adjacent a distal side edge thereof.
- 19. Apparatus according to Claim 17 wherein said central section has opposite side margins overlapping adjacent inner side margins of said side sections.
- 20. Apparatus according to Claim 17 wherein said fasteners are formed of an elastic material and are spaced one from the other between upper and lower margins of the shield body and along at least one of front and back sides of the shield body.

21. A method of deploying a ballistic shield and a long gun by a single individual wherein the ballistic shield includes a shield body formed of ballistic material capable of stopping a bullet and configured to provide frontal ballistic protection to the torso of an individual holding the shield, said shield having a long gun support/handle comprising the steps of:

simultaneously grasping both the long gun support/handle mounted on the shield and the long gun carried by the support/handle with a single hand to support the shield and in part support the long gun on the long gun support, and

operating the long gun with the other hand while supporting the shield and at least part of the long gun by the one hand.

22. A method of forming a ballistic shield having a support/handle for supporting the shield and at least part of a long gun by one hand of an individual, comprising:

providing a central section and a pair of discrete side sections all formed of ballistic material; and

fastening the side sections and the central section to one another to form a ballistic shield affording frontal ballistic protection to the individual.

23. A method according to Claim 22 including providing a support/handle on said shield projecting from a back surface of the shield forming a rest for carrying the long gun and for supporting the shield.

24. A method according to Claim 22 including adjusting the width of the shield by adjusting the fasteners fastening the side sections and central section to one another.